



Volume 3, Issue 3, Apr/May/Jun 2004

TIP OF THE MONTH

Self-Improvement Workshops:

- Anger Management
- Couples Communication
- Effective Communication in the Workplace
- Parenting
- Stress Management
- Suicide Prevention
- Team Building
- Family Budgeting
- Understanding Your Credit
- First Time Homebuyer
- Investing Basics
- Infant & Child CPR

For more information, call 764-7294.

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Programs For Everyone!

The following programs are held at FFSC, NWS Building 786, unless otherwise indicated.

ANGER MANAGEMENT WORKSHOPS (To register, call 764-7294.)

This is a three-hour workshop that explores the causes of anger and how it relates to anxiety, depression, core personality traits, and power and control issues. Learn methods to control and manage anger and stress, change attitudes and thinking patterns, resolve conflicts, and improve relationships with others.

NNPTC STRESS MANAGEMENT (No registration required.)

For NNPTC students who are experiencing problems such as anxiety, sleep problems, mild depression, trouble with memory and concentration, family problems, etc. This is a small, one-hour class with focus on the individual. Referrals can be made for one-on-one counseling at the Fleet & Family Support Center (FFSC), if requested. A counselor from FFSC will be at NNPTC each week.



PERSONAL COUNSELING

Individual, couple, and family therapy is available by appointment. Counseling is provided by a team of licensed professionals. Our professional counseling staff is available to provide you with CONFIDENTIAL support and guidance when you are faced with stress or crisis. Whether you are seeking personal growth, better relationships, or the resolution of problems, we're here to help. For more information, contact **Alice at 764-7294, ext. 46.**

STRESS MANAGEMENT WORKSHOPS (To register, call 764-7294.)

This is a three-hour workshop that focuses on topics such as the causes and effects of stress due to biochemical changes in the brain. Emphasis is on practical tips to manage, reduce, and prevent unwanted stress.

SEE CALENDAR FOR WORKSHOP TIME & DATE



TEEN JIVE

Your FFSC has a teen group (ages 13-16). Group meets every other Wednesday from 1600-1715 at Bldg. 786. Often, adolescents feel more at ease talking about themselves with someone other than a family member. The point of contact at the FFSC is Janice W. Hickman, LMSW, CSW. If you have any questions or would like additional information, please call **Janice at 764-7294, ext. 36.**





The following programs are held at FFSC, NWS Building 786, unless otherwise indicated.

-HOURS-

MONDAY-FRIDAY

8:00 a.m. - 4:30 p.m.

Extended hours are available
by appointment.

Bldg 786 (843) 764-7294

Bldg 755 (843) 764-7480

DSN 794-7294

Fax Bldg 786 (843) 764-7299

Directory

Director.....	764-7294
CDRC Manager.....	764-7480
Individual / Marriage	
Counseling.....	764-7294
Report incidents of spouse/ child abuse.....	764-7294
Command Briefs	764-7480
Financial Education.....	764-7480
Consumer Credit Counseling	
Services (CCCS)	764-7480
Expecting Parents (or parents/w infants/toddlers).....	764-7294
Relocation Assistance	764-7480
Transition Assistance Program	
(TAP)	764-7480
Spouse Employment Assistance	
Program (SEAP).....	764-7480
Ombudsman Coordinator.....	764-7294
Volunteer Program.....	764-7294

**INFANT AND CHILD CARDIAC
PULMONARY RESUSCITATION (CPR)**

(For information, call 764-7294,
ext. 29.)

"Breathing life into our children" is as simple as **a - b - c**. Learn the basics in **airway**, **breathing**, and **circulation**. This class is held monthly. Participants will receive a certificate of attendance.
Registration is required.

**BREAST-FEEDING INFORMATION
CLASS**

(To register, call 764-7294,
ext. 29.)

This monthly group provides a relaxed atmosphere to share concerns about breast-feeding. Mothers will learn to enjoy a successful experience by reading their babies' signals.

OTHER SERVICES PROVIDED BY NPS

- Home Visits
- Video/Book Lending Library
- Phone Consultation
- Walk-ins are welcome

Baby Basics 101

During this joyful time, your life will be full of changes and you will have many questions. This class will provide you with a wealth of practical information. Baby Basics will assist in this area of basic baby care: Bathing, Diapering, Cord Care, Care of Circumcision, Crying and Colic, and other newborn needs. For more information and to register, call 764-7294, ext. 29.



PLAYMORNINGS

(For information, call 764-7294,
ext. 29.)

This program is designed to help mothers of young children learn positive interaction skills. Intended for children ages 5 and under, the child(ren) must be accompanied by a parent or adult guardian.

Playmornings is held at the Community Center, near the Housing office. No prior registration is required.

INFANT MASSAGE

(To register, call 764-7294,
ext. 29.)

A proven new way to communicate and bond with your new baby. This class will enable you to learn techniques that will help your baby both physically and emotionally. For more information and to register, call 764-7294, ext. 29.



A better Navy, thanks to you!

The following programs are held at FFSC, NWS Building 755, unless otherwise indicated.

DID YOU KNOW?

April is National Volunteer Appreciation Month! Thank You, Volunteers!

This is also Month of The Military Child...celebrate with us during Fleet & Family Fun Day, April 8, 2004 at Locklear Park, 10-2p.m.

April 23rd, Joint Navy & Air Force Job Fair. 12-2p.m.

May 9th is Mother's Day

May 14th is Armed Forces Day

May 31st is Memorial Day

June starts Hurricane Season
Visit your Local Red Cross for preparedness information at <http://redcross.org/>

June 14th is Flag Day

June 20th is Father's Day

June 21st is First Day of Summer

DTP PRE-SEPARATION COUNSELING

(To register, call 764-7480.)

This abbreviated transition workshop is provided for service members who are required to separate from the military on short notice. Pre-registration is required from your Career Counselor.

SEPARATEE WORKSHOP

(Pre-Separation Counseling Required.)

This is a four-day workshop that provides separating personnel and their spouses with the skills and knowledge to evaluate their professional, technical, and military expertise for civilian careers. Participants are encouraged to attend a year from their EAOS date and, again, within 180 days of this date. Participants wear civilian clothes. **Pre-registration is required and confirmation from your Career Counselor may be faxed to 764-7491.**



SPOUSE ORIENTATION

(To register, call 764-7480.)

Workshop held every Tuesday at 10 a.m. This program provides information, referral, and assistance in the areas of employment and educational opportunities. Services available include job information and workshops.

RETIREE WORKSHOP

(Pre-Separation Counseling Required.)

This is a four-day workshop that provides retiring personnel and their spouses with the skills and knowledge to evaluate their professional, technical, and military expertise for civilian careers. Participants are encouraged to attend a year from their EAOS date and, again, within 180 days of this date. Participants wear civilian clothes. **Pre-registration is required and confirmation from your Career Counselor may be faxed to 764-7491.**

GENERAL FFSC BRIEF

Information will be provided regarding our services and programs, along with information brochures for each participant! For more information, call **764-7480, ext. 25.**



PRE-SEPARATION COUNSELING

(To register, call 764-7480.)

This four-hour workshop informs service members and their spouses of counseling available to them prior to separating/retiring from active duty. Pre-separation counseling is mandatory under Public Law 101-510, which requires that service members receive the counseling at least 180 days prior to leaving active duty. This workshop helps service members understand their benefits and entitlements. It also makes them aware of the necessity of creating an individual transition plan.



Setting the Course for Successful Children

New Parent Support Programs At Your Center

Time Tips for Busy Parent

In today's Navy, many parents are juggling a hectic schedule. Trying to work, housekeeping, taking children to school or day care, and preparing meals can make spending quality time with your family a daunting task for even the most resourceful parents.

Many working parents say staying organized helps them to stay sane during the busy work week. Here are tips suggested by LIFELines Service Network, to make your day run more smoothly.

Avoid Morning Madness

- Wake up half an hour early. The stress of having to hurry is not worth a few extra minutes of sleep.
- If you need to cook or prepare lunches, put an old shirt on over work clothes to avoid spilling on good clothes. When wearing a suit, wait until it is time to leave to put on your jacket.
- Dress simply for work. Use basic colors and have a backup plan. Always keep a spare white shirt or blouse pressed and ready for an emergency change.

Use Your Work Day Wisely

- Before starting the work day, take a few moments in the bathroom to freshen up. Make sure your clothes are straight and stain-free. Breathe. Take a moment to think about the day and what you need to accomplish.
- Don't waste your lunch hour. Get out of the office if at all possible. Take a brisk walk. Read a book or a magazine. Meditate. Use your lunch break as a personal mental health break.

After Work Wind Down

- Listen to soothing music on the way home.
- Run errands before picking up the children.
- Do a mental checklist for the evening meal.
- After picking up the kids, talk with them about their day. Make the time in the car special. Sing songs, tell riddles, or play "car games" like "I Spy."
- Have an established homework time for school-age children. If possible, sit with them and read a book while they are doing their homework. Be available to help them.
- During dinner, discuss the day and plan for the next day's activities.
- Pack lunches and put homework and school items in book bags.

After Dinner and Bedtime

- Children need to have a regular bedtime routine that includes bathing, brushing and reading time.
- After the kids are in bed, spend some quality time with your spouse.
- Plan your next day's outfit. Check clothes for stains and tears. Lay out accessories.
- Review plans for the next day.
- Prepare a healthy lunch and snack for the next day. This will save you money and keep you away from junk food.

One Last Tip

Try to exercise at least three times a week. This can be in the morning or after work, before picking up the children. Exercising will give you more energy; you'll feel healthier and be more resistant to colds and flu. If possible, involve children in a family exercise program.

Remember that the Fleet and Family Support Center is available to help you get organized and reduce the stress in your life. Center staff can assist you with selecting from a variety of classes and seminars designed to make Navy life easier for you and your family.



Fleet and Family Support Center

MONTHLY EVENTS



DATES	TIME	COURSE DESCRIPTION	LOCATION	CONTACT
APRIL				
5	0800-1200	PRESEPARATION COUNSELING	BLDG 755	764-7480
6-9	0800-1600	TAP SEPARATEES	BLDG 755	764-7480
6	0900-1200	BABY BASICS 101	BLDG 786	764-7294
6	1300-1600	STRESS MANAGEMENT	BLDG 786	764-7294
7	1600	TEEN / ADOLESCENT GROUP	BLDG 786	764-7294
8	1000-1400	FLEET & FAMILY FUN DAY! Pic-Nic	LOCKLEAR PARK	794-7294
13	1330-1600	ANGER MANAGEMENT	BLDG 786	764-7294
14	1330-1530	ADVANCED RESUME WRITING	BLDG 755	764-7480
19	1300-1500	BREASTFEEDING CLASS	BLDG 786	764-7294
19	0800-1200	PRESEPARATION COUNSELING	BLDG 755	764-7480
20	1300-1600	STRESS MANAGEMENT	BLDG 786	764-7294
20-23	0800-1600	TAP RETIREES	BLDG 755	764-7480
21	1600	TEEN / ADOLESCENT GROUP	BLDG 786	764-7294
22	1000-1100	INFANT MASSAGE "A GENTLE TOUCH"	BLDG 755	764-7294
23	1200-1400	JOINT JOB FAIR (USN / USAF)	REDBANK CLUB	764-7480
27	0900-1200	INFANT CHILD CPR	BLDG 786	764-7294

MAY

1	1000-1630	HOMEBUYER WORKSHOP (LUNCH PROVIDED)	BLDG. 755	744-1348
3	0800-1200	PRESEPARATION COUNSELING	BLDG 755	764-7480
4-7	0800-1600	TAP SEPARATEES	BLDG 755	764-7480
4	0900-1200	BABY BASICS 101	BLDG 786	764-7294
4	1300-1600	STRESS MANAGEMENT	BLDG 786	764-7294
5	1600	TEEN / ADOLESCENT GROUP	BLDG 786	764-7294
11	1330-1600	ANGER MANAGEMENT	BLDG 786	764-7294
12	1330	ADVANCED RESUME WRITING	BLDG 755	764-7480
17	1300-1500	BREASTFEEDING CLASS	BLDG 786	764-7294
17	0800-1200	PRESEPARATION COUNSELING	BLDG 755	764-7480
18	1300-1600	STRESS MANAGEMENT	BLDG 786	764-7294
18-21	0800-1600	TAP RETIREES	BLDG 755	764-7480
19	1600	TEEN / ADOLESCENT GROUP	BLDG 786	764-7294
20	0900-1130	ANGER MANAGEMENT	BLDG 786	764-7294
20	1000-1100	INFANT MASSAGE "A GENTLE TOUCH"	BLDG. 755	764-7294
21	1200-1400	JOB FAIR	BLDG 755	764-7480
25	0900-1200	INFANT CHILD CPR	BLDG 786	764-7294

**NNPTC COUNSELING GROUP MEETS EVERY
WEDNESDAY AT 1630
ACTIVITY COMPLEX (INDOC ROOM)**



NEED A BREAK...OR JUST TO TALK...VISIT...

**NNPTC
CDR MURPHY
THURSDAY AT 1600-1730
ACTIVITY COMPLEX (INDOC ROOM)**

**NPTU
CDR MURPHY
TUESDAY AT 0800-0900
Room 128**

Fleet and Family Support Center

MONTHLY EVENTS



DATES	TIME	COURSE DESCRIPTION	LOCATION	CONTACT
JUNE				
1	1300-1600	STRESS MANAGEMENT	BLDG. 786	764-7294
2	1600	TEEN / ADOLESCENT GROUP	BLDG. 786	764-7294
7	0800-1200	PRESEPARATION COUNSELING	BLDG. 755	764-7480
8	1330-1600	ANGER MANAGEMENT	BLDG. 786	764-7294
8-11	0800-1600	TAP SEPARATEES	BLDG. 755	764-7480
15	0900-1200	BABY BASICS 101	BLDG. 786	764-7294
15	1300-1600	STRESS MANAGEMENT	BLDG. 786	764-7294
16	1330	ADVANCED RESUME WRITING	BLDG. 755	764-7480
16	1600	TEEN / ADOLESCENT GROUP	BLDG. 786	764-7294
17	1000-1100	INFANT MASSAGE "A GENTLE TOUCH"	BLDG. 755	764-7294
17	0900-1130	ANGER MANAGEMENT	BLDG. 786	764-7294
21	0800-1200	PRESEPARATION COUNSELING	BLDG. 755	764-7480
22-25	0800-1600	TAP RETIREES	BLDG. 755	764-7480
24	0930-1100	TRAINING WHEELS	BLDG. 786	764-7294
25	1200-1400	JOB FAIR	BLDG. 755	764-7480
28	1300-1500	BREASTFEEDING CLASS	BLDG. 786	764-7294
29	0900-1200	FAMILY AFFAIR	BLDG. 786	764-7294
29	0900-1200	INFANT CHILD CPR	BLDG. 786	764-7294

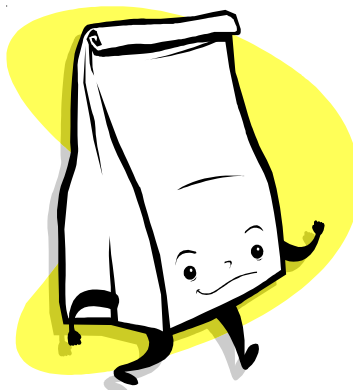


Financial Educator is offering the following Brown Bag Workshops:

HOMEBUYERS WORKSHOP

1 May 2004
Bldg. 755, 1000-1630
Lunch Provided.

TO REGISTER, CALL 744-1348, EXT. 35.



CREDIT MANAGEMENT, CREDIT REPORTS, SAVINGS & INVESTING 101

28 April 2004
Bldg. 755, 1200-1330

FINANCIAL PLANNING FOR COUPLES

22 May 2004
Bldg. 755, 0900-1300

TO REGISTER, CALL 764-7480, EXT. 19.

Online Resources

Healthy Parenting Toolkit

www.mfrc-dodqol.org/healthyparenting/

Provides resources for parents dealing with military issues, including a wide-variety of materials that address topics such as deployment, relocation and hazardous work issues. A great resource for those balancing military and family life.

Prevent Child Abuse America

www.preventchildabuse.org

Since 1972, Prevent Child Abuse America has led the way in building awareness, providing education and inspiring hope to everyone involved in the effort to prevent the abuse and neglect of our nation's children. This site provides educational resources, tips on how to identify child abuse and offers several options about how you can get involved and help stop child abuse.

LIFELines Service Network

www.lifelines.navy.mil

This extremely comprehensive site, details almost every aspect of life in the Navy and Marines. From housing and employment information, to pay benefits, to health, wellness and safety, this site gives you the information you need to navigate a military life.

Mommy Savers.Com

www.mommysavers.com

Provides a variety of resources for parents of young children, including fun activities, coupons, healthy parenting advice and a network of other parents.

Dads At A Distance

www.daad.com

Designed for parents, who for whatever reason, can't be home with their children at all times. Provides suggestions and activities meant to help "long-distance" parents strengthen their relationship with their children, so they know they are close to your heart even if you cannot always be physically close to them.

Base Orientation

20 May

22 July

23 Sep



Housing
Community Center

9:00 a.m.

To register, call
764-7480.

Take a Stand! Speak Up!

Sexual Assault Victim Intervention (SAVI) Program
SAVI: Puts the Pieces Together

Did you know

- The Navy is the only military service that has a program in place that deals exclusively with sexual assault.
- Every two minutes, somewhere in America, someone is sexually assaulted.
- One out of every six American women have been the victims of attempted or completed sexual assault in their lifetimes.
- Approximately three percent of American men, a total of 2.78 million men, have been victims of attempted or completed sexual assault.
- Approximately 66 percent of sexual assault victims know their assailant.
- More than 80 percent of the sexual assaults that occur are committed by someone the victim knows.
- Women 16-24 years old have the highest victimization rates in the country.
- Four out of ten sexual assaults take place at the victim's home.
- In 2002, the South saw the smallest increase in sexual assault activity (1.9%), while the Northeast saw the greatest increase (6.2%).
- People in households with incomes of \$15,000 or less were three times more likely to be sexually assaulted.
- Sexual assault is consistently under-reported to police and law enforcement officials. In 2001, only 39% of sexual assaults were reported—that means only one in three sexual assaults were reported that year.
- 40 percent of Sailors that have been victims of sexual assault separate within 1.5 years of the incident.
- 61% of sexual assaults are not reported to police.

All statistics are from the Department of Justice and FBI.

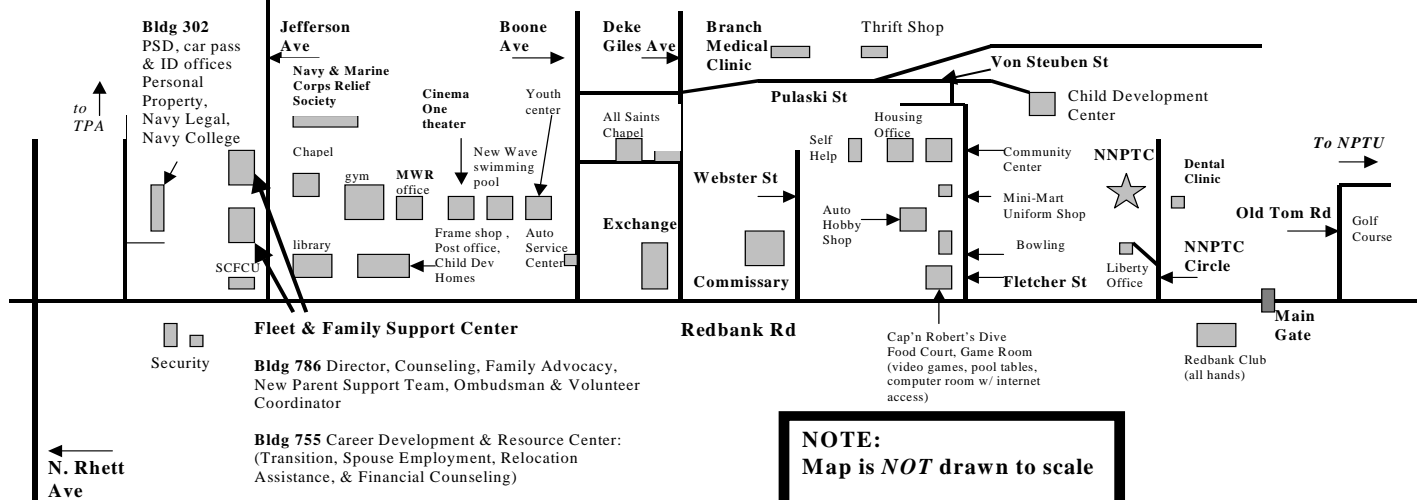
Joint Navy & Air Force Job Fair April 23 2004



Department Of The Navy

Fleet & Family Support Center
NWS Charleston Code 14
1005 Jefferson Ave., Building 786
Goose Creek, SC. 29445

Official Business



Directions to Naval Weapons Station:

From Charleston International Airport: Exit airport & get on Hwy 526 East (also known as the Mark Clark Expressway). Exit highway at the North Rhett exit, turn left onto N. Rhett and drive approximately 4.5 miles. Turn right onto Redbank Rd at the third light – base is straight ahead.

From points south or north: Exit I-95 for I-26 East. Follow directions listed below.

From points west: Exit I-26 to Hwy 78 (exit 205). Travel east for 2 miles, turn left at the Hwy 52 West/Goose Creek sign. Turn left onto Hwy 52 West (also known as Rivers Ave) for 1.5 miles & at the first light turn right onto Redbank Rd – base is 3 miles ahead.

Updated Mar 03

EMERGENCY

ON BASE

Ambulance, fire, security 764-7777

OFF BASE

Ambulance, fire, police 911

Non-emergency/information 764-7555

Personnel Support Detachment info 764-7771

NWS Quarterdeck 764-7901

OOD 764-7901

Navy Passenger Transportation 764-7321

Travel Office (SATO) 824-2666

Intransit emergencies 800-347-1700

NWS Information Line 764-7000

Navy Federal Credit Union 863-8772

Auto Passes/Decals 764-4232

Navy College 764-4493

Naval Legal Service Office 764-7642

Quarters – BEQ and BOQ 764-7646

Fleet & Family Support Center 764-7294

Naval Hospital Information desk 743-7000

Central Appointments 743-3709

Pharmacy Refills 743-7170

Tricare Health Care Finder 800-333-4040

Housing Office 764-7265

Housing – Maintenance 764-7691

Housing – Self-Help 764-7870

Personal Property Office 764-7575

Navy-Marine Relief Society 764-7662

Chapel 764-7222

Service Station / Garage 764-7573

MWR / ITT Office 764-7601

Commissary 764-7015

Exchange 764-7042

Mini-Mart 764-7314

Redbank Club 764-7797

Child Development Center 764-7408